

Mental Health Updates & Events

March 21, 2019

WASHINGTON COUNTY		
Event/Program	Details	Date/Time/Location
NAMI Peer-to-Peer	NAMI Peer-to-Peer is a FREE, confidential, 8-session recovery-based course for adults living with mental health challenges. It offers information and resources which will aid you in discovering what good mental health can look like for you. Recovery is different for everyone but the need for support on this journey is universal. Throughout this course you will be provided knowledge, tools, and insight that can help you take charge of your life and choices and attain the goals and lifestyle you want to live. Always know you are not alone on the journey and that wellness and recovery IS possible. The course is taught by trained Peer Mentors living in recovery themselves.	<p>For more information or to register for the session call the NAMI Welcome Center, 262-339-1235</p> <p>Leave a message with your name and phone number indicating your interest in the class.</p> <p>PLEASE REGISTER BY FRIDAY, APRIL 5.</p> <p>NAMI-Washington County, the local organization of the National Alliance on Mental Illness, will offer its Spring 2019 NAMI Peer-to-Peer Education Program beginning April 17. It will be held on Wednesdays from 6:00 – 8:00 pm at the NAMI Welcome Center, 2030 Stonebridge Road in West Bend. Pre-registration required.</p>
WSM Wellness Support Management	Designed for individuals 18 years and older with mental health illness. Facilitated by peers, this group empowers participants to improve success and satisfaction with their everyday life.	<p>Offered on Mondays 6:30-7:30pm</p> <p>Offered Wednesdays 11:45am – 12:30pm</p> <p>No pre-registration required</p>
Mindful Creativity Adult Therapy Group	This group is for adults with mental health illness. Each month will focus on a different theme depending on the group members' needs. Space is limited. Pre-registration is required.	<p>Offered on the 2nd and 4th Tuesday of each month</p> <p>Call Jan at 262-339-1235 to pre-register or for more information</p>
R.I.S.E. Connect Support Group	For individuals with mental health illness who are in their 20's and early 30's. This group offers support and encouragement for moving forward in daily life while successfully managing your mental health illness. Come share your weekly successes and challenges.	<p>Offered Tuesday evenings 6:30-7:30pm</p> <p>No pre-registration required</p> <p>Contact Judie at judietammy.namiwashington@gmail.com for more information</p>

Crafting Connections Activity Group	Peer led, this group generally appeals to adults who are newly diagnosed or adults who are new to experiencing challenges due to their mental health illness. No experience necessary. This is a relaxed atmosphere to build a support network and learn how creativity can be a coping mechanism.	Offered on Wednesdays 10-11:30am No pre-registration required
Let's Connect Young Adult Support Group	Led by trained facilitators this group is for post high school individuals from ages 18-23 years with mental health concerns. This is an open forum for peer discussions and building critical support networks. Monthly outings (free to group members) are planned to have fun, learn new skills, and develop friendships.	Offered every Thursday 4:15-5:30pm Contact Robin at robin.namiwashington@gmail.com for more information
Teen Connections Support Group	Offered at NAMI Welcome Center and Kewaskum High School and lead by trained facilitators, this group is for teens who live with or suspect a mental health condition. Teens learn about symptoms, resources, treatment, and the importance of developing a support network.	West Bend: Every Thursday 4:15 - 5:30 pm at the NAMI Welcome Center Contact Sue at 262-629-5187 or Suzanne.namiwashington@gmail.com for more information. Kewaskum: Every other Wednesday starting October 3rd from 2:10 - 2:50 pm at Kewaskum High. Contact your school counselor at 262-626-3105 → Mrs. Daane ext. 4106 or Ms. Brendemuehl ext. 4114
R.I.S.E. Support Group (Recovery Inspired by Shared Experience)	Led by trained facilitators this group is for adults ages 18 years and older who have a mental health illness. Talk about your concerns and receive support from other individuals who have been in similar situations. A safe place to share your struggles and experience, as well as learn more about living with these conditions.	Offered every Saturday 10-11am No pre-registration required
NAMI Family Support Group	Peer led by trained adults who have a family member with mental illness. This group meets two times per month - once in West Bend and once in Richfield at Northbrook Church. This is a structured group model.	Richfield: The first Monday of the month at Northbrook Church except for holidays. West Bend: The third Monday of the month at the NAMI Welcome Center except for holidays.

		<p>Meeting time for both locations is 7:00 - 8:30 pm</p> <p>Call 262-339-1235 for more information.</p> <p>No pre-registration required.</p>
HOPE Peer Support Groups	<p>For persons experiencing similar thoughts, behaviors, beliefs, and struggles relating to the many touch points of suicide - themselves or through a loved one. Groups are designed to provide HOPE and healing to those challenged by the topic of suicide ideation, attempt, or loss. H.O.P.E. Peer Support Groups are available for FREE to the suicidal individual, their loved ones, and those living beyond the loss of a loved one to suicide.</p> <p>Participant Demographics:</p> <p>Active Suicide Ideation and Survived Attempt Ages 11-22</p> <p>Active Suicide Ideation and Survived Attempt Ages 23+</p> <p>Friends and Family of Active Suicide Ideation Ages 13+</p> <p>Individuals Having Lost a Loved One to Suicide All Ages</p>	<p>Coming Soon (Seeking Facilitators)</p> <p>3rd Thursday of each month (6pm-7pm) LiFE OF HOPE Office (139 N Main St, Ste 104, West Bend)</p> <p>4th Wednesday of each month (6pm-7pm) LiFE OF HOPE Office (139 N Main St, Ste 104, West Bend)</p> <p>4th Tuesday of each month (6pm-7pm) LiFE OF HOPE Office (139 N Main St, Ste 104, West Bend)</p>
AHA Community Connections	<p>AHA Community Connections offers a FREE, comfortable atmosphere for expanding a sense of community through healthy activities among fellow adults who "self-identify as feeling alone". Come together with others and engage in positive relationships through healthy social activities. Whether you enjoy walking, art activities, Packer parties, movies, games, or the outdoors, there is something for everyone. There is no pressure, only acceptance, harmony, and affirmation to encourage a natural desire for belonging.</p>	<p>Every Monday (6pm-7pm) Location changes based on season/weather conditions - PRE-REGISTRATION REQUIRED by calling LiFE OF HOPE At 262-429-1556</p> <p>First Wednesday Monthly (6pm-7pm) Location changes based on scheduled activity -PRE-REGISTRATION REQUIRED by calling LiFE OF HOPE At 262-429-1556</p>

	<p>Participant Demographics:</p> <p>Walking Activity Ages 18+</p> <p>Special Interest Activities</p>	
QPR Certification Class	<p>Learn the LiFE-Saving skills of QPR Certification to respond to a potential or existing suicidal crisis. Includes a thorough understanding of statistics and how to identify risk factors and behaviors (i.e. loss of job or relationship, abuse, severe depression, hopelessness, trouble sleeping, isolation, etc.) and then gain knowledge in the specific steps to Question, Persuade, and Refer (QPR) for a LiFE-Saving intervention and successful referral.</p> <p>Participant Demographics</p> <p>Open Enrollment Ages 13+</p> <p>Your Own Pre-Scheduled Group</p>	<p>Monthly (6pm-8pm) at the LiFE OF HOPE office (139 N Main St, Ste 104, West Bend) PRE-REGISTRATION REQUIRED online at LiFEofHOPEproject.org</p> <p>Scheduled to Meet Your Company or Group's Availability LOH Office or Location of Your Choice SCHEDULE by Calling Lori at 262-429-1556</p>
Suicide Never Entered His Mind: Then 9/11 Happened (Community Education Forum)	<p>LiFE OF HOPE is pleased to welcome Chief Warrant Officer 4, Clifford W. Bauman as the 2019 Community Education Forums Keynote Presenter. CW4 Bauman's 30+ year military career has taken him around the globe, into the national spotlight, and on stage as a military multi-award earner. None of these achievements, however, surpass that of his personal reclaiming of his mental health following a survived suicide attempt. Following the September 11 attacks on American soil, where he witnessed firsthand the devastation of the Pentagon aftermath, he placed his helmet, gloves, and boots in the closet and closed off the horrific realities of that day. A year later, memories could no longer be kept at bay and thoughts of suicide invited his mind. As a</p>	<p>Wednesday, May 8 5pm The Columbian 32345 Lighthouse Ln, West Bend, WI</p> <p>Pre-register (limited seating) FREE at LiFEofHOPEproject.org</p>


	suicide attempt survivor, CW4 Bauman will share his journey of survival, treatment, healing and HOPE for others, having earned the 2018, "Made the Difference Award," presented by George Mason University. Join LIFE OF HOPE for a one-night only presentation that exemplifies what it means to be strong, courageous, and a true American hero.	
Wellness Fair	A wellness fair hosted by the Keystone Teen Program. They are looking to get several mental-health based resources at the event, along with other relatable resources for youth and families.	Wednesday, May 29 5-7pm West Bend Boys & Girls Club

OZAUKEE COUNTY		
Event/Program	Details	Date/Time/Location
The Incredible Years	This 7-week course for parents is an evidence-based parenting program designed to help promote the social, emotional, and academic success of kids ages 2-14. Parents learn how to prevent, reduce, and treat emotional challenges in children through a positive and nurturing approach. The course introduces developmentally appropriate and consistent responses to increase children's self-esteem, reduce conflict in the home, and promote a strong and healthy family. Facilitated by Ozaukee Family Services' staff.	<p>Mondays, March 18 – May 6 6-8pm NO CLASS APRIL 15</p> <p>Free</p> <p>Childcare available</p> <p>Please register early to ensure availability of childcare.</p> <p>Please register by calling 262-376-7774 or go to www.ozaukeefamilyservices.org</p> <p>All classes are held at Family Enrichment Center, 885 Badger Circle, Grafton</p>
Identifying and Supporting Mental Health in the Classroom	This training targets the understanding and identification of a variety of mental health issues common in children and adolescents. Participants will also engage on topics of how to address concerns with parents, and classroom strategies to support children with mental health issues. Trainings are tailored to specific age groups.	<p>PreK-2nd Grade Educators- 3/20/19 (Wed.) 6:30-8pm</p> <p>3rd-6th Grade Educators- 3/27/19 (Wed.) 6:30-8pm</p> <p>Middle/High School Educators- 4/3/19 (Wed.) 6:30-8pm</p> <p>\$15/participant</p>

	<p>Facilitator: Erin Perez</p> <p>Erin Perez, Clinic Director of Ozaukee Community Therapies, is a Licensed Professional Counselor who has over 15 years of experience providing counseling, consultation, and trainings. Erin has many years of experience working with children (ages 3-18), adults, and families, who are experiencing various mental health and life challenges, such as ADHD, autism, anxiety, anger management, divorce, blending families, life transitions, and trauma. Erin has a Master's degree in Clinical Psychology from Cardinal Stritch University.</p>	<p>Space is limited, and all participants must register to attend. To register- please contact Erin Perez at 414-559-0050 or erin@ozaukeecommunitytherapies.com</p>
<p>An Evening of Music and Conversation for Teens</p>	<p>Presented by Gathering on The Green in partnership with the Cedarburg School District – Parent Engagement Series, and Rogers Behavioral Health</p> <p>Join us in a very special entertaining and informative evening. Moderated by Emmy award-winning TV personality Katrina Cravy, this evening will feature a musical performance by Hannah Mrozak (Citizen Queen, American Idol, The Voice) and a conversation with Hannah and Rogers InHealth Specialist Sue McKenzie, regarding a subject in the forefront of all of our minds – Teens coping with stress and anxiety.</p> <p>This event is free and open to all teen students and parents and is made possible by Gathering on the Green's Music Together program and Kapco Metal Stamping. Registration is required. Doors open at 6:00pm.</p>	<p>Wednesday, April 3 6:30pm Cedarburg Performing Arts Center W68 N611 Evergreen Blvd</p> <p>Registration is required: Gatheringonthegreen.org</p>
<p>The Note You Never Want to Find: Talking to Your Teen About Suicide and Self-Harm</p>	<p>Talking to your teen about tough topics can feel overwhelming. Suicide is one of those topics where it can be hard to know what to say, or how, or when. Did</p>	<p>Tuesday, April 9 6:30-8pm</p> <p>Free</p>

	<p>you know that over 16% of public high school students in Wisconsin have considered suicide in the last year? Recent studies indicate that up to 37% of adolescents have engaged in some form of self-harm. Learn how to recognize the warning signs, and what to do if you are worried about someone you know. Watch and participate in role play and take home practical information on how you can help those you love. Facilitated by Ozaukee Family Services' counseling staff, Elizabeth Davison, LPC and Ashley Maas, MSW, APSW.</p>	<p>Childcare available</p> <p>Please register early to ensure availability of childcare.</p> <p>Please register by calling 262-376-7774 or go to www.ozaukeefamilyservices.org</p> <p>All classes are held at Family Enrichment Center, 885 Badger Circle, Grafton</p>
Tuesday's with Tera – Understanding Stroke	<p>Join Aurora's stroke program coordinator Katie Neuman as we prepare for Stroke Awareness Month in May. Educate yourself on the basics of stroke; including prevention and recognition.</p>	<p>Tuesday, April 16 11-12pm Cedarburg Senior Center W63n643 Washington Ave. Cedarburg, WI 53012</p>
Infant Massage	<p>Kathy Bergmann, Certified Educator of Infant Massage and Ozaukee Family Services staff member, will demonstrate how to perform basic infant massage stroke techniques, as well as identify the benefits of infant massage for the infant and caregiver. Kathy will share research regarding the benefits of touch in the healthy growth and development of a child. Caregivers are invited to attend with babies from birth to 10 months.</p>	<p>Tuesdays, April 23 – May 21 9:30-10:30am</p> <p>Free</p> <p>Childcare available for children not participating in the class</p> <p>Please register early to ensure availability of childcare.</p> <p>Please register by calling 262-376-7774 or go to www.ozaukeefamilyservices.org</p> <p>All classes are held at Family Enrichment Center, 885 Badger Circle, Grafton</p>
Tuesday's with Tera – Cultivating Wellness	<p>May is Mental Health Month! Depression affects over 7 million senior citizens each year. Come and learn how you can live your best life through positive psychology.</p>	<p>Tuesday, May 21 11-12pm Cedarburg Senior Center W63n643 Washington Ave. Cedarburg, WI 53012</p>

Announcements	Details
Washington Ozaukee Public Health is hiring!	Health Educator

	<p>Join a dynamic team of health educators at the Washington Ozaukee Public Health Department. This position is responsible for the Community Health Assessment, Community Health Improvement Plan and the implementation of evidence-based interventions to make Washington and Ozaukee Counties the best and healthiest places to live, work and play. This position may coordinate obesity, physical activity, nutrition, or substance use prevention activities.</p>
<p>Representative Dan Knodl Legislative E-Update</p> <p>Task Force on Suicide Prevention Announced</p> 	<p>This week, the Task Force on Suicide Prevention was announced to help address rising suicide rates we're seeing here in Wisconsin and across the nation. Rep. Joan Ballweg will be the Chairwoman for this special legislative committee, with the rest of the members being announced next week sometime.</p> <p>The goal of the committee is to explore policy recommendations that can help combat the increasing trend of suicides. They will hold hearings and meetings around Wisconsin to gather input from experts, survivors, families, health professionals, and others. By Fall of this year, they will issue a report to the Legislature with items they recommend.</p> <p>I look forward to seeing the work of this committee and how we can continue to address a tragic issue that too many families across the state deal with each year. Some of the areas they'll be looking into include:</p> <ul style="list-style-type: none"> • Evaluating our state's current resources and programs dedicated to suicide prevention and awareness; identifying where needs are not being met and where improvements can be made. • Identifying opportunities to target and assist especially at-risk individuals, such as farmers and youth. • Exploring ways to better harness the use of technology to reach and understand vulnerable populations. • Increasing awareness and incentivizing the use of evidence-based programs and protocols. • Investigating treatment and support services options; eliminate barriers that hinder individuals from receiving care. <p>Last session, we passed AB 938 in the Assembly, which would provide grants to the Center for Suicide Awareness organization through the Department of Public Instruction. They would help them continue their work in assisting those who may need emotional support or additional resources.</p> <p>The Center for Suicide Awareness operates HOPELINE, which provides immediate emotional support and resources for individuals in crisis and is available 24/7. HOPELINE serves every county in Wisconsin at no cost to the individual. In addition to providing immediate assistance, it captures valuable and accurate data in real time. The data collected can be used in the planning and deployment of state and county resources and can be particularly useful in rural and under-served urban areas which struggle with access to resources.</p> <p>If you have input you think would be useful for the Task Force as they research the issue further, please feel free to contact my office and we can pass it along.</p>

	<p>Rep. Dan Knodl State Capitol, Room 218N PO Box 8952 Madison, WI 53708 Toll-Free (888) 529-0024 or (608) 237-9124 Rep.Knodl@legis.wi.gov</p>
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RESOURCES/CONFERENCES/TRAININGS	
Resource/Conference/Training	Description
Child Mind Institute	The institute has a webpage filled with guides for parents. The guides are on everything from Teacher guides to individual diagnoses. Find out more here
Through Your Child's Eyes	Find out what learning and attention issues are like from the perspective of children. The website has everything from Individual stories to simulations. Check it out here
Parachute House	Individuals experiencing emotional distress or low-level crisis often need supportive conversation and other wellness opportunities from peers. Enter the new Parachute House – find more here.
Covering Wisconsin	Covering Wisconsin has info-sheets (English and Spanish) on navigating the health care system. Subjects include; signing up for insurance, using insurance, sound financial choices, the marketplace, BadgerCare Plus, and more.
Nurturing Parenting Programs: Training and Seminars	Nurturing Parenting Programs: Training and Seminars hosted by Mental Health America of Wisconsin (Milwaukee) . April 2 – April 4 . Learn more about the philosophy of nurturing parenting, impact of maltreatment on Brain development, and more. For more information (See attached flyer)
Assessing & Managing Suicide Risk (AMSR) Compassions Resilience Facilitation Team Training	Prevent Suicide Wisconsin is hosting two pre-conference trainings: one on Assessing & Managing Suicide Risk (AMSR) and the other is a Compassions Resilience Facilitation Team Training . These trainings are for behavioral health professionals. The training is based on the latest research and designed to help participants provide safer suicide care. Registration deadline is April 11 .
Caring, Celebration, and Community Principles and Practices of Asset-Based Community Development	Vibrant Communities and Tamarack Institute are hosting two upcoming webinars. The first is one the subject of Caring, Celebration, and Community, April 9, 1pm- 2pm EDT . Register here . The other is on Principles and Practices of Asset-Based Community Development, April 30, 2019, 1pm 2pm EDT . Register here .